

# **KEEPING IT TOGETHER**

**BOB CHURCH, DIRECTOR UPC**



!!\*\*^^^#!!

STRESS

DEPRESSION

“

**AS LONG AS THERE ARE LAWYERS THERE  
IS ALWAYS GOING TO BE A NEED FOR  
THERAPISTS.**

”

TYGER LATHAM, PHD, GRAD SCHOOL PROFESSOR'S QUOTE

**“BECAUSE THE VERY THING THAT MAKES SO MANY LAWYERS STRESSED/DEPRESSED  
PRACTICING LAW IS THE VERY THING THEY ARE UNWILLING TO GIVE UP.”**





**(THINK HAPPY THOUGHTS FOR A MINUTE)**

# WHAT CAUSES STRESS - DEPRESSION?

- **TOO MUCH WORK**
- **TYPE A, PERFECTIONIST PERSONALITIES**
- **HIGHLY COMPETITIVE ENVIRONMENT**
- **ADVERSARIAL ENVIRONMENT**
- **CO-WORKERS**
- **OFFICE POLITICS**
- **STATE/COUNTY/CITY POLITICS**
- **NOT PRODUCING**
- **LONG HOURS**
- **NOT TAKING VACATION/TIME OFF**
- **BIG CASES**
- **VICTIMS**
- **DEFENDANTS**
- **FAMILY**

# RECOGNIZING THE SIGNS

- **ANGRY – IRRITABLE – MOODY**
  - **THE “B” FACTOR**
    - **BEE-YATCH – BASS-TURD**
- **EMOTIONAL OUTBURSTS**
- **HIGH BLOOD PRESSURE**
- **DEMANDING**
- **VIOLENT BEHAVIOR**
- **SADNESS – LOSS OF INTEREST – TROUBLE SLEEPING – SLEEPING TOO MUCH - LACK OF APPETITE – FEELING ANXIOUS**
- **WITHDRAWING FROM FAMILY – FRIENDS**
- **NO SENSE OR PURPOSE TO LIFE**
- **NO SOLUTION TO PROBLEMS**
- **POOR WORK PERFORMANCE**



# **STRESS CAN KILL**

**CHRYSTLE FIEDLER, *THE COSTCO CONNECTION***

- **COMMON MEDICAL PROBLEMS AFFECTED BY STRESS INCLUDE:**

- **HEART DISEASE**
- **ALZHEIMER'S DISEASE**
- **DIABETES**
- **DEPRESSION**
- **HEADACHES**
- **GASTROINTESTINAL PROBLEMS**
- **ASTHMA**

- **“STRESS DOESN'T ONLY MAKE US FEEL AWFUL EMOTIONALLY. IT CAN ALSO EXACERBATE JUST ABOUT ANY HEALTH CONDITION YOU CAN THINK OF.”**

- **DR. JAY WINNER**

- **FOUNDER AND DIRECTOR OF THE STRESS REDUCTION PROGRAM FOR THE SANSUM CLINIC, SANTA BARBARA, CA**



# STRESS CAN KILL

- **STRESS ACTUALLY INCREASES THE RATE AT WHICH CELLS GROW OLD, MAKING US MORE PRONE TO AGE-RELATED DISEASES, SUCH AS HEART DISEASE, DIABETES.**
- **WHEN STRESSED, THE BODY RELEASES STRESS HORMONES SUCH AS ADRENALINE AND CORTISOL.**
- **“WHEN STRESS BECOMES CHRONIC, CORTISOL MAKES YOU GAIN WEIGHT AROUND THE BELLY.”**  
**WINNER**
- **“THIS VISCERAL FAT IS ASSOCIATED WITH CARDIOVASCULAR DISEASE AND INCREASED RISK OF HEART ATTACK AND STROKE.”**
- **STRESS ALSO RAISES BLOOD PRESSURE, INCREASES HEART RATE AND BLOOD FLOW, AND RESULTS IN THE RELEASE OF CHOLESTEROL AND TRIGLYCERIDES IN THE BODY.**
- **HIGH CORTISOL ALSO IMPAIRS IMMUNE FUNCTIONS MAKING IT HARDER TO FIGHT OFF INFECTIONS.**
- **CORTISOL INCREASES BLOOD SUGAR LEVELS AND BOOSTS THE RISK OF TYPE 2 DIABETES.**

# UNHEALTHY WAYS OF DEALING WITH STRESS

- **ALCOHOL**
- **TOBACCO**
- **DRUGS**
- **VIOLENCE**
- **RISKY BEHAVIOR/DECISIONS**
- **EATING**



# STRESS CAN KILL

- **ACCEPT THE WAY THINGS ARE**
- **ENGAGE IN “MINDFULNESS”**
- **FOCUSING ON THE PRESENT MOMENT IN A NONJUDGMENTAL WAY**
- **QUIT COMPLAINING AND WISHING THE MOMENT WERE DIFFERENT**
- **PAY ATTENTION TO YOUR BREATH**
- **EXPERIENCE THE HERE AND NOW**
- **“THOUGHTS WILL COME AND GO, BUT YOU DON'T NEED TO RESIST OR BELIEVE THEM. MOST THOUGHTS ARE JUST OPINIONS.”**

# STRESS CAN KILL

- **LOOK UP**

- **“WHEN YOUR MIND IS FEELING CLUTTERED, OVERWHELMED OR EXHAUSTED, HEAD OUTSIDE FOR SOME FRESH AIR. JUST A FEW MINUTES OF SKY GAZING CAN PROVIDE THE MIND WITH THE SPACE IT NEEDS TO REFRESH AND REST.”**

- **MASSAGE YOUR EARS**

- **IT STIMULATES THE SAME STRESS-REDUCING ENERGY POINTS USED IN ACUPUNCTURE. CARLSON**
- **CLOSE YOUR EYES AND TAKE A FEW DEEP BREATHS.**
- **FIRMLY RUB, TUG AND MASSAGE YOUR EARS FOR 1-3 MINUTES AND RELAX YOUR JAW AND SHOULDERS.**



# STRESS CAN KILL

- **WALK IT OFF**

- **RESEARCH SHOWS THAT WALKING CAN REDUCE THE RISK OF CORONARY HEART DISEASE, AND IT SUPPORTS BONE HEALTH, IMPROVES COGNITIVE FUNCTION AND ENHANCES MENTAL WELL-BEING**

- **DON'T FEAR DEADLINES**

- **TREAT THEM AS OPPORTUNITIES FOR ORGANIZING AND GOAL-SETTING**

# HOW TO KEEP IT TOGETHER

- **TAKE A FREAKIN' VACATION!!!**
- **GET ENOUGH SLEEP**
- **MAINTAIN –DEVELOP SOCIAL RELATIONSHIPS**
- **GET A HOBBY**
- **EXERCISE**
- **SET REALISTIC GOALS**
- **SET SHORT TERM GOALS**
- **LEAVE THE WORK AT THE OFFICE**
- **BE FLEXIBLE TO CHANGE**
- **TAKE CONTROL WHERE YOU CAN; BUT**
  - **BE WILLING TO DELEGATE**
- **TAKE TIME OFF**
- **BREATHE - REALLY**

**LAUGH!!!**



# **QUESTIONS COMMENTS**

